



FAIHP
Fresno American Indian Health Project

DRUM BEATS
The Heartbeat of The Community

September • 2020

Back to School



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In July, 2020, Fresno American Indian Health Project hosted our first virtual Gathering of Native Americans (GONA). This was FAIHP's ninth annual GONA and 37 youth participated throughout the week; there were participants from the San Joaquin Central Valley, the state of Colorado, and from the state of Florida.

Community Support:

Three of the five facilitators are community members who have, in the past, attended a GONA Training of Facilitators. Countless hours were provided by volunteers within and outside of planned meetings. There were 13 additional volunteers at GONA, this included three Board of Director members, one transitional age youth who was a previous participant, one representative from Fresno State, one representative from Fresno City College, and seven cultural presenters. YOU ALL ARE WORTHY!

Thank you to all of the community members and staff for presenting a wonderful week of teachings. Thank you to all of the youth who participated!



Census 2020 Still Happening!

**The new date for self response is September 30th.
Respond Online by mail or phone.**

**Census 2020 is an opportunity to provide a better future for
our communities and future generations.**

**FAIHP is an official Questionnaire Assistance Center
Call for more information
(559) 320-0490**



FAIHP
Fresno American Indian Health Project

**1551 E. Shaw Avenue, Ste. 139 Fresno, CA 93710
www.faihp.org**

Wellness On Wheels

FAIHP Wellness Resource Parade



September 12, 2020
9:00 am to 11:00 am
1551 E. Shaw, Parking Lot

- **Drive Thru Event**
- **Car Decorating Contest.**
Prizes for the best decorated car.
- **FAIHP Service Information**
- **Stop By and Say Hi to Staff**
- **GIVE AWAYS** (while supplies last)



Save the Children.



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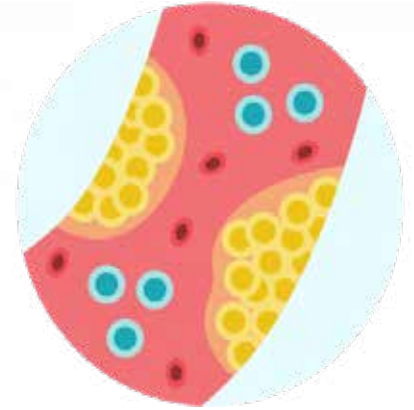
1551 E. Shaw Ave. Ste. 139
Fresno, California 93710
Phone: 559.320.0490

What is Cholesterol?

September is National Cholesterol Education Month, a good time to get informed about your blood cholesterol, have it checked, and take steps to lower it if it is high.

What is cholesterol?

Cholesterol is a waxy, fat-like substance found in our body and many foods. Our bodies need cholesterol to function normally; It is needed in Vitamin D production and absorption, helps with our immune system, and plays many roles in digestion.



How do you know if your cholesterol is high?

Our bodies already make all the cholesterol we need. However, if our body makes too much because of our genetics, or we have too much cholesterol in our diet, it can build up in our arteries. After a while, these deposits narrow arteries, increasing the risk for heart disease and stroke. High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high unless they have a simple blood test done by their doctor, so it's important to get your levels checked.

High cholesterol is a major risk factor for heart disease, the leading cause of death in the United States. It is recommended that adults aged 20 or older have theirs checked every 5 years as a baseline. Others may need to be checked more often and at an earlier age based on risk factors.

Can children and adolescents have high cholesterol?

Yes. High cholesterol can develop in early childhood and adolescence, and your risk increases as your weight increases. In the United States, more than one-fifth (20%) of youth aged 12–19 years have at least one abnormal lipid level. It is important for children over 2 years of age to have their cholesterol checked if they are overweight/obese, have a family history of high cholesterol, a family history of heart disease, diabetes, high blood pressure, or certain chronic conditions.

If you have high cholesterol, what can you do to lower it?

You can lower your cholesterol levels through lifestyle changes. If these aren't successful, your doctor may prescribe medications in addition to a heart-healthy lifestyle. These lifestyle changes include:

1. Don't smoke or quit if you do smoke.
2. For adults, getting at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity a week. For those aged 6-17, getting 1 hour or more of physical activity each day.
3. Maintain a healthy weight.
4. Focus on a heart-healthy diet. When it comes to heart health, four dietary changes may help keep your cholesterol in check:
 1. Limit Your Intake of Saturated Fat
 - a. Saturated fats are mostly found in animal-based foods such as meats and whole-fat dairy products.
 2. Select Lean Proteins
 - a. Lean proteins provide less calories from fat. Choose lean meats (like loin or roasts) and bake, broil, roast, stew or stir-fry lean meats, fish and poultry.
 3. Savor Soluble Fiber
 - a. Dietary fiber is found in fruits, vegetables, beans, lentils and whole grains. These nutrient-dense foods provide two types of fiber, soluble and insoluble. Both types are important for good health.
 4. Enjoy Foods with Plant Sterols and Stanols
 - a. Some foods — vegetable oils, nuts, seeds and whole grains — contain substances called plant sterols and stanols. Eating foods rich in these substances may help combat rising

CBANS NEWS:

By: Teela Kipp-Reyes – Family Advocate



National Women's Health and Fitness Day focuses on the importance of regular physical activity and health awareness for women, and is the largest annual event of its kind in the country—with 500 local groups and 50,000 to 75,000 women participating each year.

How to Observe

Celebrate the day by searching for an event happening in your area and participating in it. If there are no events in your area, you can focus on things dealing with health and fitness on your own, or with friends. Here are a few ideas:

- try a sport you haven't played before
- workout with a friend
- walk or ride your bike somewhere instead of using a vehicle
- try out a healthy food you've never eaten, or a new healthy recipe
- schedule a checkup with your doctor
- set health and fitness goals for yourself
- make sure you have been drinking enough fluids
- get a massage
- take a nap

Thank You to all the Beading and WISE participants who been attending our virtual groups through this difficult time. We appreciate every one of you!

Beading virtual group are every Tuesday from 3:00 PM – 4:30 PM. WISE virtual group is every 2nd and 4th Thursday of each month from 1:00 PM - 2:00 PM.

If you would like to participate in our groups, please contact Teela Kipp-Reyes at 559-320-0490 or emailing at treyes@faihp.org.

Shame and Suicide

“Shame needs three things to grow exponentially in our lives: secrecy, silence and judgement.” - Brene Brown

By Cresencia Cruz, LMFT

*TW: SI

In my experience as a therapist I have seen doctors become flustered when their patients disclosed thoughts of not wanting to live. I have seen parents become angry or the opposite, start to cry and question what they have done wrong when they're told their child experiences suicidal thoughts or self-harms. I have witnessed adults and children hesitate and question whether it's safe enough for them to talk about these thoughts.

What is at the core of all these responses? Shame. Shame feeds off of the secrets, silence and judgements. Secrets keep us in the dark corner. Silence prevents us from sharing our stories, our experiences. Judgement makes us worry about what others think of us and adds to our silence and secrets. Shames keeps us from asking for help when we're struggling. Shame creates the stigma of mental health and the stigma of having suicidal thoughts. When I see my clients start to hesitate whether to share their thoughts with me, I tell them that suicidal thoughts or ideation are like the rainbow. The rainbow has so many different colors and suicidal thoughts/ideations are different in that sometimes we might want to sleep and hide from the world until we feel better or we no longer have a desire to exist and want to take action into our own hands. And there are other thoughts in between those two examples.

But how do we help break down the stigma? How can we help our community members who struggle with suicidal thoughts? While there isn't a perfect answer that meets the needs of each community and honors their specific beliefs; the answer involves addressing the secrets, the silence and the judgements. It will require more therapists to learn about cultural humility that will allow them to honor our culture and traditions. It will require the mental health community to learn how to decolonize therapy. It will require medical schools and residency programs to provide more training in mental health. It will require us to face our fears and challenge the myth, that discussing suicide will increase the chances of someone acting on their suicidal thoughts. It will require us to make a safe place that will encourage our communities to share their voices. It will require the members in our community to take a healthy risk to be vulnerable by sharing their stories. It will require the blessings of our elders and leaders. And while it might require all those things, that doesn't mean change can't start with you.

Below you'll find crisis hotlines and websites to learn more about the support available as well as terms used. I have also included 2 articles that I read while preparing to write this article that I think would be helpful. Most importantly, you're not alone and while you may not feel this in the moment you are worthy, you are beautiful, you are strong and you are enough.

Resources:

Text HOME to 741741 or visit <https://www.crisistextline.org>

Central Valley Suicide Prevention Hotline: 1-888-506-5991

National Suicide Prevention Hotline: 1-800-273-8255

Fresno Survivors of Suicide: <https://www.hindshospice.org/fresno-survivors-of-suicide-loss.html>

Warning signs: <https://www.nimh.nih.gov/health/publications/warning-signs-of-suicide/index.shtml>

Suicide related terms: <https://www.ncbi.nlm.nih.gov/books/NBK137739/table/ch1.t1/>

Suicide Prevention Resource Center <https://www.sprc.org/video/native-americans>

Articles to read:

Native community leaders forge paths toward suicide prevention

<https://crosscut.com/2019/10/native-community-leaders-forge-paths-toward-suicide-prevention>

To Live To See the Great Day That Dawns: Preventing Suicide by American Indian and Alaska Native Youth and Young Adults

<https://store.samhsa.gov/sites/default/files/d7/priv/sma10-4480.pdf>

*TW/Trigger Warning: a statement cautioning that content (as in a text, video, or class) may be disturbing or upsetting.

Virtual Classes

FAIHP Virtual Services Due to COVID-19

1. **WISE Group**
 - Zoom Meeting
 - 1-2pm on the 2nd and 4th Thursday each month

2. **Beading for Stress Management Group**
 - Zoom Meeting
 - Every Tuesday, 3-5pm

3. **Daughters of Tradition**
 - Zoom Meeting
 - Every Wednesday 3-4pm

4. **Community Advisory Committee**
 - Zoom Meeting
 - Every 3rd Monday each month, 5:30-7:30pm

5. **GONA Planning Meetings**
 - Zoom Meeting
 - Every Wednesday, 1pm

6. **Case Management Services**
 - Via telehealth (phone or Zoom)

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7. **Therapy Services**
 - Via telehealth (phone or Zoom)
8. **Family Spirit Services**
 - Via telehealth (phone or Zoom)
9. **Nutrition & Wellness Class**
 - Zoom Meeting
 - 3rd Thursday each month, 12-2pm
10. **Nutrition Counseling**
 - Via telehealth (phone or Zoom)
11. **Community Garden Class**
 - Zoom Meeting
 - Occurrence TBA
12. **Clubhouse Tutoring/Educational Support**
 - Via telehealth (phone or Zoom)
13. **Clubhouse Program**
 - Zoom Meeting
 - Monday – Friday, 4-5pm
14. **Health Services**
 - Via telehealth (phone or Zoom)

If you would like to attend you will need an invite from the facilitator.



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FAIHP is a nonprofit 501(c)3 organization and depends on support from the community. All donations are tax-deductible. If you or an individual or business you know would like to make a contribution they may do so by check.

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____

DONATION AMOUNT: _____

Please make all checks payable to:

Fresno American Indian Health Project
1551 E. Shaw Avenue, Suite 139, Fresno CA 93710.

Our services include:

- Tele-Health Medical Appointments
- Health Screenings
- Behavioral Health Services
- Alcohol & Drug Prevention
- Health Education Classes
- Public Health Nurse Home Visits
- Case Management
- Transportation
- Health Referrals
- Youth After School Program
- Nutrition Counseling

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The Fresno American Indian Health Project is a culturally sensitive health access and advocacy program designed to enhance the health and well being of the American Indian community in the City of Fresno, CA. The Health Project provides public health services and access to free & low cost quality health care. The primary program services are comprehensive case management, public health nursing, providing access to health services and prevention education.